





Ascycling AG (UK) Ltd. (UK) (B634) (Company) Tel: +44 (0)1952 254700 Fax: +44 (0)1952 254701



Stage: 7 / Overall to Each Sur Algeira 228.5 km Monday July 3rd

Floyd Landis Temp: 88 °F / 31 °C Humidity: 45 % Heat Index: 89.4 °F / 31.86 °C

Stage Results: 228.5 km 40.2 km/h 25.3 mph GC Results: 420.3 km ridden 43.4 km/h 26.9 mph

Place: 30 Time: 5 hrs 36 min 14 sec Gap: 0 min 0 sec Place: 11 Time: 9 hrs 54 min 40 sec Gap: 0 hrs 0 min 21 sec

Race Notes: Today was really similar to yesterday. Floyd felt it was really easy, except for the fact that it felt a lot hotter today despite the temperature not actually being that different. Lots of solar radiation. Seemed like more work on hills. Floyd says he drank 20 bottles. Forgot weights. No GPS.

Power, RPE, Heart Rate, Work, RPE vs. Power, HR vs. Power

		Power when Moving		Power when Pedaling		Strain		Work or Stress in Kjoules From:			RPE		HR	
		Watts	Watts/kg	Watts	Watts/kg	RPE	HR	Power	RPE	HR	Pwr		Pwr	
Rider	Today	195	2.80	256	3.67	3.5	NA	3,934	4,187	NA	1.06		NA	
	Tour Avs	203	2.91	256	3.69	3.5	NA	3,520	3,679	NA	1.05		NA	
	Tour Min	195	2.8	250	3.6	3.5	NA	3,075	3,113	NA	1.01		NA	
	Tour Max	205	2.95	257	3.7	3.5	NA	3,934	4,187	NA	1.06		NA	
Team	Today	194	2.78	261	3.7	3.5	120	3,984	NA	4035			1.03	
	Tour Avs	198	2.8	260	3.65	3.95	122	3,571	NA	3618			1.01	
	Tour Min	186	2.78	249	3.6	3.5	120	2,925	NA	3200			1.09	
	Tour Max	205	2.83	273	3.7	4.4	124	3,994	NA	4035			1.01	

Power Distribution:

		Zero Watts		Per Kilogram of Body Weight																		Relative to RPE (1-10)								
				Time (%)										Time (min)								Time (%)			Time (min)					
				%	min	0-1	1-2	2-3	3-4	4-5	5-6	6-7	7-8	8-9	>9	0-1	1-2	2-3	3-4	4-5	5-6	6-7	7-8	8-9	>9	<H	H	>H	<H	H
Rider	Today	23.9	80.4	30	13	12.8	13	12	8.8	6	3	1.1	1	100.87	43	43	43	39.34	29.6	20.2	10.1	3.7	3.4	68	21	11	230	68.88	36.98	567
	Tour Avs	20.9	64.0	27.1	14	14.8	14	12	8.5	5.6	2.5	1.2	1.2	82	39	42	40	34	25	17	7.8	3.5	3.6	69.3	20.1	10.6	203.7	59.65	31.7	
	Tour Min	17.9	45.0	24.1	13	12.8	13	12	8.2	5.2	2	1.1	1	60	36	42	38	29	21	13	5	3.3	3.4	68.4	19.7	10.1	175.5	49.25	25.25	
	Tour Max	23.9	80.4	30	14	16.7	15	12	8.8	6.3	3	1.3	1.6	101	43	43	43	39	40	20	10	3.7	4	70.2	20.5	11.1	229.8	68.88	37.3	
Team	Today	25.9	87.0	31.2	12	13.2	13	12	9	5.45	2.55	1.1	1	105	40	44	43	40	30	18	8.6	3.5	3.4	69.1	20.9	10.1	232	70.22	33.77	
	Tour Avs	24.1	75.0	30	13	14.2	13	12	8.4	5.14	2.4	1.2	1.3	93	38	42	40	36	26	16	7.5	3.4	3.7	70.1	19.9	9.98	213	61.76	30.5	
	Tour Min	17.9	45.0	24.1	9.9	12.8	12	10	6.8	4.1	1.7	0.8	0.8	60	30	35	32	26	17	10	4.3	2.5	2.7	68.4	17.1	8.5	175.5	42.75	21.25	
	Tour Max	27.4	92.0	32.6	14	16.8	15	12	9.3	6	3	1.6	2.2	110	44	46	47	42	31	20	10	4	5.5	73.5	21.5	11.5	235.2	72.24	37.3	

Peak Power Output: 5 min: 391 W/kg 10 min: 472 W/kg Surges: Hydration & Energy Status:

		Average Power (watts)								Distance from Start (km)								# of surges > than w/kg of:			Weight (kg)				Bottle		Sweat		
		Sec		Min		Hour		Hour		Sec		Min		Hour		Hour		than w/kg of:			Pre	Post	Δ	% Δ	Count	Loss (l)	Loss (l)	Loss (l)	Loss (l)
		5	30	1	5	10	30	1	2	5	30	1	5	10	30	1	2	> 6	> 8	> 10	69.8	69.6	0.2	0.2865	15		7.4		
Rider	Today	889	528	497	409	380	329	267	NA	168	212	212	219	210	202	181	NA	365	94	22	Est	Sweat Rates			%				
	Tour Avs	923	578	497	389	348	291	241	NA	175	109	109	111	193	180	97.7	NA	339	95	30	Loss (l)	l/hr	l/mjoule	GME	Kcals				
	Tour Min	889	528	496	369	315	252	214	NA	168	64	61	3.7	175	158	143	NA	316	94	22	5.31	1.32	1.88	24	3915.76087				
	Tour Max	957	628	497	409	380	329	267	NA	181	212	212	219	210	202	181	NA	365	99	42	Race Food Eaten:								
Team	Today	919	554	502	386	364	308	263	NA	164	195	186	169	207	199	177	NA	351	101	22									
	Tour Avs	918	569	498	378	347	283	237	NA	158	169	162	157	195	183	139	NA	330	107	28									
	Tour Min	809	528	463	329	304	235	211	NA	85	64	6.7	3.7	4.2	4.9	4.9	NA	245	79	16									
	Tour Max	1070	642	544	409	380	329	267	NA	182	212	212	219	210	202	181	NA	394	148	50									

Climbs and Special Features: Total Elevation Gain: 1000 meter 9840 feet Cl: 0.005 k 0.13 Bike Wt: 7.2 Wt: 69.7 76.9

Climb/Feature:	Start (km)	Top (km)	Total (km)	% Grade	Calc Grade	Start Elev	Top Elev	Total Gain	Time		Speed km/hr	VAM m/hr	Estimated Power				Actual		% Diff
									Min	Sec			Roll	Aero	Grav	Total	Power	Calc	
1. Col des Pandours (3)	27.7	35.5	7.8	4.1	4.106021	342	662	320	18	35	25.18386	1033	27	63	218	307	280	83	8.912991323
2. Col de Valsberg (3)	46.4	50	3.6	5.2	5.2014665	465	652	187	8	15	26.18182	1360	28	71	286	383	341	89	11.4506867
3. Cote de Kedange (4)	186.3	187.5	1.2	5.9	5.9052696	182.26	253	70.74	2	28	29.18919	1721	31	99	362	492	413	90	15.99901892
4. Cote de Kanfen (4)	210.6	212.5	1.9	4.5	4.5019236	239.55	325	85.45	3	30	32.57143	1465	34	137	308	480	406	95	15.37345614
5. Cote de Vomrange (4)	213.6	215	1.4	6.5	6.5001172	319.19	410	90.81	3	14	26.52632	1721	28	74	362	464	450	90	3.066680189
Big Surge Late in Race	217.8	218.107	0.333						0	22	54.49091		57	642		699	556		20.4495767
Last 3.5 Kilometers (Spikey)	Two surges over 10 w/kg. Once for 5 sec & once for 4 sec.										3	40					322		





















Any cycling AG | E-mail: info@any-cycling.com | Tel: +43 (0)66 2547005 | Fax: +43 (0)66 2547011



## Le Tour 2006: Daily Analysis Report

Stage: 5: Tour de France (Pau de Beret) 206.5 km

Thursday, July 13th

Floyd Landis

Temp: 71 °F / 22 °C Humidity: 60 % Heat Index: 75.9 °F / 24.4 °C

Stage Results: 206.5 km 3:32 min 21.8 mph

GC Results: 1,396.0 km ridden 16.7 hr 16.7 mph

Place: 3 Time: 6 hrs 6 min 25 sec Gap: 0 min 0 sec

Place: 1 Time: 49 hrs 18 min 7 sec Gap: 0 hrs 0 min 0 sec

Race Notes: Floyd rode brilliantly today. Looked really at ease and patient. Finished third with Menchov and Levi. In Yellow. Amazing. Power profile looked good. Well within Floyd's limits. Best 30 s, 1 min, 5 min, and 10 min on Col de Portillon. Best 30 min on Beret.

### Power, RPE, Heart Rate, Work, RPE vs. Power, HR vs. Power

		Power when Moving		Power when Pedaling		Strain		Work or Stress in Kjoules From:			RPE		HR	
		Watts	Watts/kg	Watts	Watts/kg	RPE	HR	Power	RPE	HR	Pwr		Pwr	
Today	Today	267	3.84	314	4.52	7	NA	5,870	7,619	NA	1.30		NA	
	Tour Avs	220	3.17	271	3.9	4.33	NA	3,927	4,327	NA	1.08		NA	
	Tour Min	195	2.81	234	3.42	3.5	NA	2,624	2,682	NA	1.01		NA	
	Tour Max	267	2.81	314	4.52	7	NA	5,870	7,619	NA	1.30		NA	
Tour	Today						NA			NA			NA	
	Tour Avs	223	3.28	268	3.94	6.3	NA	3,911	5,348	NA	1.34		NA	
	Tour Min	164 (S21)	2.41	214	3.15	4	NA	2,174 (S21)	2,651 (S21)	NA	0.88		NA	
	Tour Max	285 (S11)	4.19	314	4.62	10 (S15)	NA	5,620 (S15)	11,286 (S15)	NA	2.01		NA	

### Power Distribution:

		Zero Watts		Per Kilogram of Body Weight																		Relative to RPE (1-10)							
				Time (%)									Time (min)									Time (%)			Time (min)				
		%	min	0-1	1-2	2-3	3-4	4-5	5-6	6-7	7-8	8-9	>9	0-1	1-2	2-3	3-4	4-5	5-6	6-7	7-8	8-9	>9	<H	H	>H	<H	H	>H
RPE	Today	15	55.0	17.2	5.5	7.9	12	24	21.3	8	2.7	1	0.6	63	20	29	42	89	78	29	10	4	2	42	46	12	154.5	166.5	45
	Tour Avs	18.4	55.0	23.4	12	13.8	14	14	11.3	6.38	2.88	1.4	1.3	69	35	39	40	42	35	19	8.4	3.9	3.5	63	24.9	12	181.9	77.81	35.8
	Tour Min	13.4	29.0	17.2	5.5	7.9	10	9.8	6.9	4.5	2	1	0.6	44	20	29	31	21	15	9.7	5	3	2.2	42	16.7	9.4	154.5	35.91	22.15
	Tour Max	23.9	80.0	30	19	19.3	15	24	21.3	9.4	3.6	1.8	1.7	101	52	50	45	89	78	29	10	5	5	73	43.5	16	229.8	166.5	47.95
T-Zone	Today																												
	Tour Avs	15	41.2	20.4	11	12.4	14	16	14	7.22	2.91	1.2	1.1	55	29	34	38	45	40	20	8	3	3						
	Tour Min		26.0	12.6	5.7	6.9	11	9.1	6.8	3.7	1.7	0.9	0.7	37	16	19	26	20	15	8	4	2	2						
	Tour Max		84.0	33.8	16	16.8	17	23	27.9	10.3	4.7	1.7	1.7	104	42	46	48	73	85	31	14	5	5						

### Peak Power Output:

		Average Power (watts)									Distance from Start (km)									# of surges > than w/kg of:			Weight (kg)				Bottle	Sweat				
		Sec		Min					Hour		Sec		Min					Hour					Pre	Post	Δ	% Δ	Count	Loss (l)				
		5	30	1	5	10	30	1	2	5	30	1	5	10	30	1	2	5	30	1	5	10	30	1	2	> 6	> 8	> 10	70	69	1	1.4286
Today	Today	861	568	529	439	406	377	332	n	203	153	153	153	153	190	55	n	487	91	22	Est	Sweat Rates			%	GME	Kcals					
	Tour Avs	900	627	535	417	359	306	278	n							n	386	105	30	Loss (l)	l/hr	l/mjoule										
	Tour Min	825	528	494	369	315	252	214	n							n	305	89	22	7.93	1.74	1.81	24	5842.888995								
	Tour Max	972	912	674	456	406	377	346	n							n	487	141	42	Race Food Eaten:												
Tour	Today																															
	Tour Avs	841	555	479	400	360	314	283	255																							
	Tour Min	731	465	403	308	283	249	231	193																							
	Tour Max	965	645	555	478	435	386	359	315																							

### Climbs and Special Features:

Climb/Feature:		Start (km)	Top (km)	Total Dist	% Grade	Calc Grade	Start Elev	Top Elev	Total Gain	Time		Speed km/hr	VAM m/hr	Estimated Power				Actual		% Diff
										Min	Sec			Roll	Acro	Grav	Total	Power	% kg	
1. Col du Tourmalet		56.7	75	18.3	7.7	7.7003241	710	2115	1405	58	21.5	18.81479	1445	20	26	304	334	334	4.81	4.6756785
2. Col d'Aspin		92.6	105	12.4	5.1	5.1001687	857.4	1489	631.6	30	15.66	24.5861	1252	26	59	264	349	324	4.66	7.031325809
3. Cote de Peyresourde		126.3	136	9.7	6.8	6.8002048	910.9	1569	658.1	28	27.3	20.45335	1388	22	34	292	348	336	4.83	3.352099624
4. Col du Portillon		153	161	8	7.9	7.8995328	663	1293	630	23	48.84	20.15621	1587	21	32	334	385	386	5.55	0.494918851
5. Puerto de Beret		191.5	204.5	13	5.5	5.5006104	1146	1860	714	28	18	27.56184	1514	29	83	319	331	381	5.48	11.55709287



## Le Tour 2006: Daily Analysis Report

Exemple 5.2: Luchon to Carcassonne, 21/11/96

Friday, July 14th

## Floyd Landis

Temp: 86 °F / 30 °C Humidity: 60 % Heat Index: 91.1 °F / 32.83 °C

**Stage Results:** 2173 lbs 443 km/hr

GC Results:	3,214.0	km/m54km	km/hr	mph
-------------	---------	----------	-------	-----

Place: NA Time: 4 hrs 46 min 28 sec Gap: 0 min 0 sec

Place: **1** Time: 54 hrs 4 min 35 sec Gap: 0 hrs 0 min 0 sec

**Race Notes:** Breakaway up the road. Team rode up front to keep gap down.

Power, RPE, Heart Rate, Work, RPE vs. Power, HR vs. Power												
		Power when Moving		Power when Pedaling		Strain		Work or Stress in Kjoules From:			RPE      HR	
		Watts	Watts/kg	Watts	Watts/kg	RPE	HR	Power	RPE	HR	Pwr	Pwr
S 2	Today	244	3.56	285	4.16	6	NA	4,199	5,281	NA	1.26	NA
	Tour Avs	223	3.21	236	3.92	4.48	NA	3,952	4,413	NA	1.09	NA
	Tour Min	195	2.81	234	3.42	3.5	NA	2,624	2,682	NA	1.01	NA
	Tour Max	267	3.84	314	4.52	7	NA	5,870	7,619	NA	1.30	NA
T 1	Today						NA			NA		NA
	Tour Avs	223	3.28	268	3.94	6.3	NA	3,911	5,348	NA	1.34	NA
	Tour Min	164 (S21)	2.41	214	3.15	4	NA	2,174 (S21)	2,651 (S21)	NA	0.88	NA
	Tour Max	285 (S11)	4.19	314	4.62	10 (S15)	NA	5,620 (S15)	11,286 (S15)	NA	2.01	NA

### Power Distribution:

		Zero Watts		Per Kilogram of Body Weight																		Relative to RPE (1-10)							
				Time (%)										Time (min)								Time (%)			Time (min)				
%	min	0-1	1-2	2-3	3-4	4-5	5-6	6-7	7-8	8-9	>9	0-1	1-2	2-3	3-4	4-5	5-6	6-7	7-8	8-9	>9	<H	H	>H	<H	H	>H		
Rider	Today	14.3	41.0	18.2	9.8	14.4	16	15	11.9	6.9	3.8	1.8	1.7	52	28	41	46	44	34	20	11	5	5	59	27	14	167.3	78.1	40.6
	Tour Avs	18	54.0	22.9	12	13.8	14	14	11.3	6.43	2.96	1.4	1.3	68	34	39	40	43	35	19	8.7	4	3.6	63	25.1	12	180.5	77.84	35.58
	Tour Min	13.4	29.0	17.2	5.5	7.9	10	9.8	6.9	4.5	2	1	0.6	44	20	29	31	21	15	9.7	5	3	2.2	42	16.7	9.4	154.5	35.91	22.15
	Tour Max	23.9	80.0	30	19	19.3	16	24	21.3	9.4	3.8	1.8	1.7	101	52	50	46	89	78	29	11	5.1	5	73	45.5	16	229.8	166.5	47.95
Pace	Today																												
	Tour Avs	15	41.2	20.4	11	12.4	14	16	14	7.22	2.91	1.2	1.1	55	29	34	38	45	40	20	8	3	3						
	Tour Min		26.0	12.6	5.7	6.9	11	9.1	6.8	3.7	1.7	0.9	0.7	37	16	19	26	20	15	8	4	2	2						
	Tour Max		84.0	33.8	16	16.8	17	23	27.9	10.3	4.7	1.7	1.7	104	42	46	48	73	85	31	14	5	5						

### Peak Power Output

[illegible]

### Climbs and Special Features:

[illegible]